

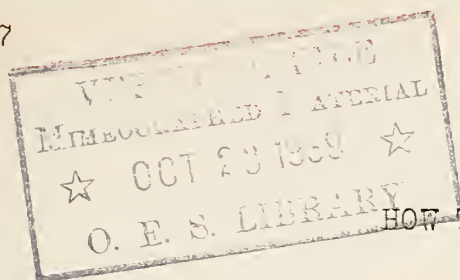
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HOW TO KEEP NUT KERNELS

To prevent nut kernels from becoming rancid, keep them in an airtight container in a cool, dry place away from light, says _____, (Name) _____, (Title) _____, (Institution) _____. The container will also protect the nuts from insects. The flavor of nuts is largely dependent on the oils they contain, although in some kinds of nuts there are also specific flavoring substances. In most nut kernels the oils readily become rancid, and give the disagreeable flavor found in so-called stale nuts. The vacuum-packed containers in which nuts are often put up commercially help to prevent rancidity.

Kernels of nuts gathered at home can be packed in jars from which the air is exhausted in a boiling water bath, as in canning fruits. Select well developed, fresh nut kernels, free from bits of shell. Sterilize half-pint or pint jars and allow them to dry. Fill with the nuts and partially seal. Place in a hot water bath that comes up about 2 inches on the side of the jars and let them remain in it while the water boils for 30 minutes. Complete the sealing and store in a cool, dark place.

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